

Air Power

Quote of the Week

“The aggressive spirit, the offensive, is the chief thing everywhere in war, and the air is no exception.”

– Manfred von Richthofen,
Early 1900’s German aviator

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www.laughlin.af.mil

April 11, 2003

News in Brief

ESC movie night

The Enlisted Spouses Club movie night begins at 7 p.m. today at 8092A Kenyon St.

The featured movie is “Sweet Home Alabama.” For more information, call 298-2180.

Cardio room closed

The fitness center cardio room is currently closed through Sunday. The staff has moved some cardio equipment into the fitness center hallways for use during the closure.

OSC bingo

The Officer Spouses Club Silver Crystal Bingo begins at 7 p.m. Tuesday at Club XL.

Nonmembers of the Laughlin OSC may attend by paying dues for the remainder of the year, which is \$16.

The social is free and will consist only of dessert.

Call 298-0934 or 298-7950 to R.S.V.P.

Mission status

Sortie data

The weekly sortie data is unavailable due to equipment problems. The data will be published within the next couple of weeks after equipment is repaired.



Photo by Tech. Sgt. Anthony Hill

‘Hog’ heaven

Second Lieutenant Jennifer Schoeck, a graduate of Specialized Undergraduate Pilot Training Class 03-07, gets a first-hand view of an A-10 Thunderbolt II cockpit April 4 with assistance from Brig. Gen. Jack Ihle, commander of the Air Force Reserve Command’s 917th Wing, Barksdale Air Force Base, La. General Ihle, graduation speaker, flew the A-10 to Laughlin and gave Lieutenant Schoeck a quick look inside the aircraft. The lieutenant is being assigned to fly the A-10 at Davis-Monthan Air Force Base, Ariz.

B-1 crew describes role in taking out ‘big’ Iraqi target

By Master Sgt. Scott Elliot

Air Force Print News

WASHINGTON — An Air Force B-1 Lancer crew rode an “adrenaline rush” as they prepared to strike a recently discovered target of opportunity believed to be the site of a high-level Iraqi leadership meeting Monday.

“There wasn’t a lot of time for reflection,” Lt. Col. Fred Swan told Pentagon reporters via telephone from his deployed location. Swan is a B-1 Lancer weapons systems officer assigned to the 405th Air Expeditionary Wing.

According to Swan, the B-1 was in midair refueling when a call came from an airborne control aircraft telling them “this is the big one” and directing them to the priority target.

“I knew it was important, so it

See ‘Big One,’ page 4

VERA, VSIP options sought incentives in civilian reductions

By Tech. Sgt. Anthony Hill

Public Affairs

Due to civilian job cuts announced here recently, Laughlin officials have requested Air Education and Training Command approval to offer all qualified Laughlin members Voluntary Separation Incentive Payments and Voluntary Early Retirement Authority options.

There is no word on the approval status, but civilian personnel officials here expect to receive an answer within four to six weeks.

If approved, actual incentive offers will be made only if the separation results in saving Air Force funds and avoids involuntary separations, according to Rosemary Capozziello, Laughlin’s civilian personnel office

chief of staffing and classification.

The VSIP and VERA programs are tools used to assist civilians during the reduction-in-force process.

VSIP helps agencies restructure their work force while avoiding or minimizing involuntary separations.

A separation incentive, also referred to as a “buyout,” is a lump-sum an agency pays an employee after voluntary separation. The amount is equivalent to the lesser of severance pay an employee would be eligible to receive or \$25,000.

“An agency pays this lump sum to encourage employees to separate voluntarily by optional retirement, early retirement [VERA], or resignation under an approved buyout offer,” said Ms. Capozziello. “Buyouts

are targeted at employees in specific grades, series and locations to help avoid a RIF and minimize involuntary separations.”

VERA is used to help minimize the involuntary separation or downgrading of employees in periods of major downsizing. This is done by allowing employees to qualify for voluntary early retirement.

A person is eligible to retire from federal service when the employee has at least 30 years of federal service and is at least age 55, has at least 20 years of federal service and is at least age 60, or has at least five years of federal service and is at least age 62.

See ‘Civilians,’ page 4



Commanders' Corner

Lt. Col. David Turner
85th Flying Training Squadron commander

Desert Storm experience provides strong lessons for today's students

Now that the United States and our allies are in a full-blown military engagement with Iraq, I remember the stories a friend of mine told me about his experiences during Desert Storm.

My friend was at MacDill Air Force Base, Fla., learning to fly the F-16 in the summer of 1990. On an early August morning, while driving to work, he heard on the radio that Iraq had invaded Kuwait. Although somewhat familiar with world geography, this did not strike him as earth-shattering news. As events unfolded in the following weeks, the magnitude of the event was made clear to him. Still, it didn't distract him from his personal mission of completing training in mid-September and moving to a new base.

When my friend arrived at his new base, he went through the normal "check out" program. This included ground and flying training. He finished training in mid-December -- about the same time his unit learned it would join forces in Southwest Asia early in 1991. Sure enough, my friend soon was living in a tent in the United Arab Emirates and flying training missions over Saudi Arabia.

About this time it occurred to him that he might not be ready to do all the things that were being asked of him. He wanted to do his duty, but he just was not sure he had enough training and experience.

He didn't wait long to find out. On the second day of the conflict, he was on his way over the border as part of a big strike package. Ready or not, he was going and he did make a lot of mistakes.

Still, at the end of the mission, when he was back in his tent in the UAE, it occurred to him that he did have what it took to get the mission done. He did have enough training.

My friend was a lucky son-of-a-gun. When Desert

Storm ended, he was sent home fairly quickly and landed in the United States on a very rainy St. Patrick's Day to a tremendous reception.

Bands were playing and thousands of people had come out on a horrendous day to greet the squadron as it returned from overseas. My friend told me he never felt as proud as when he walked into a hangar jammed full of well wishers. People he had never met wanted to shake his hand; some wanted autographs, others just gave him a pat on the back. He said he never had a feeling like that; he felt like a hero.

"My friend told me he never felt as proud as when he walked into a hanger jammed full of well wishers He said he never had a feeling like that; he felt like a hero."

I believe each of us can learn something from my friend's experiences. Take your training seriously; you never know when you may have to use it. It might be sooner than you think. If you are tasked against a deployable position, get mentally and physically ready to go. For those hoping to get their wings, use every day to become the

best aviator you can. You are the best trained warriors in the world. Rely on that training; it will get you through.

There are flyers who were in your shoes not that long ago who now are flying missions over Afghanistan and Iraq.

Finally, remember that what you do matters. You may not get that feedback everyday, but that does not make the fact any less true. Whether you get a welcome like my friend did or one that consists of a handshake from your boss when you get back, your work and efforts are appreciated.

These are trying times for our nation and the Air Force. However, if we all do our duty as we are trained to do, we will prove that no one else comes close. Mr. Lincoln said it best, as he seemingly always did, "Let us have faith that right makes might. And in that faith, let us, to the end, dare to do our duty as we understand it."

Border Eagle welcomes commentaries

The Border Eagle encourages base members to take part in their paper. Anyone wanting to write a commentary for the Viewpoint pages of the paper is welcome.

Articles may be written about any aspect of Air Force life you find interesting. Commentaries should not exceed 500 words in length. Public Affairs will

edit all submissions for journalistic style and grammar and clarity.

Submit items for the *Border Eagle* to Public Affairs, Bldg. 338.

The deadline for all articles is close of business each Thursday, a week prior to publication.

For more information, call 298-5393.



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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be e-mailed to: **timothy.stein@laughlin.af.mil** or **yvonne.conde@laughlin.af.mil**.

Actionline 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.



Col. Dan Woodward
47th Flying Training
Wing commander

AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Hospital	298-6311
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

**“Excellence – not
our goal, but our
standard.”**
– 47 FTW motto

AFAF: How airmen help airmen

Gen. Don Cook
Air Education and Training Command commander

RANDOLPH AIR FORCE BASE, Texas – Distributing phone cards to deployed members -- \$141,000. Giving “Parents a Break” -- \$738,000. Assisting a master sergeant and his family in getting back on their feet after incurring expensive medical bills to cure his wife’s breast cancer -- priceless!

One of the most enduring benefits of being part of today’s Air Force is the collective pride we take in functioning as “one force, one family.” And one way we show our constant support for one another is through the Air Force Assistance Fund campaign.

The examples noted above are representative of the thousands of generous acts Air Force people perform everyday that are made possible by your generosity to the AFAF.

For the past 30 years, donations to this campaign have helped airmen and their families with emergency

assistance, education grants, volunteer childcare, community enhancement programs and assisted living for our veteran heroes and their widowed spouses.

AFAF gives airmen the opportunity to directly help other airmen in need by contributing to four charitable organizations that benefit active duty, Reserve, Guard and retired Air Force people and their families, including surviving spouses and their families. The organizations are the Air Force Aid Society, Air Force Enlisted Foundation, Air Force Village Indigent Widow’s Fund and the General and Mrs. Curtis E. LeMay Foundation.

This year’s Air Force-wide campaign begins Feb. 24 and runs through May 9. Your installation commander will determine the five-week timeframe within these dates to carry out your community’s campaign. Look for more information in your base newspapers on the campaign dates at your location.

In 2002, AETC people donated an astonishing \$996,612 -- 123 per-

cent of our command goal. Air Force contributions totaled \$5.1 million, 111 percent of the Air Force goal. Unlike many other charitable concerns, the contributions Air Force people make to the AFAF go directly into helping other Air Force people and their families.

It’s very comforting to know this program works for all Air Force family members and aids people where it is needed most. Prior year contributions may have helped the airman first class who assisted you at the military personnel flight, the retired person you spoke to at the base exchange or your technical training instructor.

This year’s donation may even find its way back to you in time of need or to someone close to you.

The decision to contribute to the AFAF is yours alone to make. But I ask that you remember one thing: This fund drive helps our own -- our Air Force family.

If you have further questions regarding the AFAF, please contact your local AFAF representative.

Knowledge, skills can reduce child abuse

By Paul Bukingham
17th Training Wing Family Advocacy

Nationwide, there are about three million children who are reported abused and neglected each year.

The public has become outraged in recent years at the amount and severity of child abuse and neglect, but the incidence of abuse continues to rise. The need for community support is imperative to combat the problem of abuse and neglect. The quality of life for children requires a willingness of the communities to take action.

Because of the concern for children and their families, April is being observed as National Child Abuse Prevention Month and the Month of the Military Child. The goal of this month is to create awareness of the issues surrounding abuse and to empower the community to take action to put an end to abuse and neglect.

There are four major categories of child abuse: physical, sexual, emotional and neglect. Child abuse is any behavior that endangers or impairs a child’s physical or emotional health and development.

The reasons for abuse are many, but the factor that continues to be dominant in abuse is a lack of parenting preparation and skills. People are not born good parents. Successful parenting is something that must be learned.

Maltreatment is often the result of a lack of understanding about how to discipline children and what are age-appropriate expectations.

The misunderstanding leads to confusion during high-stress situations. The result is the use of excessive methods of disciplining which can become violent and abusive.

The connection between substance abuse, alcohol and illicit drugs, and child abuse has strengthened over the years. Estimates suggest that 50 to 80 percent of all cases substantiated by Child Protective Services involve some type of substance abuse by the parents.

Parents who are substance abusers increase their chances of losing self-control, resulting in abusive behavior.

So, what can communities do to combat child maltreatment? Acknowledging that abuse and neglect is a problem is the first step. The second step is actively helping parents get help with the issues that affect parenting.

If abuse is to be reduced, communities must support its members in gaining the education and training on parenting issues. The focus must not be on placing blame but on finding solutions.



Photo by Airman First Class Yvonne Conde

AFAF kickoff

Col. Dan Woodward, 47th Flying Training Wing commander, signs the first check, kicking off Laughlin's Air Force Assistance Fund campaign April 4. The campaign,

which benefits Air Force people and families, will be conducted here through May 9. People should contact their AFAF representatives to make contributions.

'Big One,' from page 1

really doesn't matter who was attending the high-level meeting," he said. "We've got to get the bombs on target, and we've got 10 minutes to do it.

"There are four crew members on the B-1 and we all have separate jobs to do, but we have to work in concert to make it happen," Swan said.

That coordination included locating the target, planning an escape route, checking out enemy air defenses, staying in contact with airborne and ground controllers, selecting the appropriate weapons, and "dialing in" the target coordinates, Swan said.

"The key is not what the target is, but making sure we are 100-percent accurate with the proper weapon and our coordinates are right," said Capt. Chris Wachter, the pilot of the strike aircraft.

While the desired effect of the mission was to destroy the building, Swan said the target's suburban loca-

tion made preventing collateral damage a primary concern.

To reduce the danger to innocent people and nearby facilities, mission planners chose the "Version 3" of the GBU-31 Joint Direct Attack Munition.

"It's a hard-target penetrator that buries itself in before it explodes," Swan said. "It will take out the particular structure, but it's going to minimize the fragmentation ... into outlying areas."

As important as limiting fragmentation is to reducing collateral damage, accurate delivery is also key, said Col. James Kowalski, 405th AEW commander, who also participated in the interview.

"We've dropped about 2,100 JDAMs," Kowalski said. "Based on a sampling of ... areas we've hit — airfields, bunkers and leadership targets — the weapon is performing well above 99 percent."

The global positioning system-guided JDAMs typically strike within 40 feet of the target, Kowalski said.

'Civilians,' from page 1

For VERA, an employee must be either age 50 with 20 years of service or have 25 years of creditable service at any age.

If Laughlin obtains approval to offer these programs, civilians must meet more specific requirements to apply.

To apply for VERA, the person must have been employed with the agency for 31 days prior to the date the agency requested authority.

Also, an employee is ineligible for VERA if he or she received an involuntary separation notice for misconduct or performance. Temporary and term employees are not eligible for VERA.

Civilian personnel officials explained that within the Department of Defense, once an employee is issued a RIF separation notice, that person is no longer eligible for VERA.

"VERA is a voluntary action," said Ms. Capozziello. "Receipt of a separation notice makes any following action involuntary."

Officials also stressed that if employees covered by the Civil Service Retirement System take a VERA, they face a two percent reduction in annuity each year they are under age 55.

To apply for VSIP, the employee must be a U.S. citizen, employed in an appointment without time limitation and must have been employed by the federal government for 12 continuous months.

The person must not be a re-employed annu-

itant and must not have a pending or approved application for disability retirement.

An employee is ineligible to receive a VSIP if that person has accepted a position with another federal agency or received a specific RIF separation notice.

In addition, an employee is not generally eligible to receive a VSIP while occupying a "hard to fill" or special rate position, receiving dual compensation under a waiver, or while covered by a written service agreement as a result of a permanent change of station, training, recruitment or relocation bonus.

As civilians prepare for the cuts, personnel officials emphasize the benefits of these programs.

"Because of their voluntary nature, [VSIP and VERA] are less stressful for employees than a reduction in force," said Ms. Capozziello, "and cash incentives of up to \$25,000, if approved, will be offered to employees in continuing positions who agree to voluntarily retire or resign so surplus employees can be placed in their jobs."

Laughlin officials originally planned for the reduction of 18 civilian positions. The civilian personnel office here was recently notified that one of those positions was returned. The person in that particular job has been notified, officials said.

Civilians interested in additional up-to-date RIF information can access the civilian personnel website at <http://www.laughlin.af.mil/47ftw/sup-port/civper/RIFVSIP.htm>

Newslines

TAP seminar

A transition assistance program seminar is scheduled from 7:30 a.m. to 4:30 p.m. Tuesday through Thursday in the Family Support Center conference room for all separating and retiring active duty members.

Topics include Veteran's Administration benefits, career assessment and planning, resume preparation, and interviewing for success. Personnel are encouraged to attend this class one to three years prior to their separation or retirement.

Space is limited. To sign up for the seminar, call the Family Support Center at 298-5620 by close of business today.

RAB meeting

Laughlin's Restoration Advisory Board meets at 6 p.m. Tuesday at the Ramada Inn in Del Rio.

The board will discuss the current status of environmental restoration at Laughlin and ground water monitoring on base. Progress of activities and on-going or proposed construction at restoration sites will also be discussed.

The public is invited to attend and address questions and comments to the board, which is scheduled to meet twice this year.

Wing leadership addresses base family concerns

Family members who live on base recently presented questions about Laughlin’s plan in case a natural disaster or increased force protection condition occurred, which could result in the base being closed to outside entrance.

The 47th Flying Training Wing leadership addressed those concerns, and provided these responses.

Off-base emergency plan

Question: If the gates close to the base and we are off base, where do we go? Is or can there be a central meeting point such as someone’s home, church or the civic center?

Answer: Currently there is no dedicated location for Laughlin personnel to gather in case of a natural disaster or increased force protection condition, which would render the base closed to outside entrance. Determining a central meeting point is situation-specific and requires on-the-spot determination by civil and military authorities.

In the event the gate closes and dependents are off base, the base public affairs office will provide announcements to radio, television and law enforcement agencies, giving personnel directions on what actions to take. People can also call the base information line at 298-5201.

CDC, youth center

Question: If parents are stuck off base, will the child development center and youth center stay open and be responsible for the children until parents can pick them up?

Answer: Once children are in care of the CDC, the center’s staff will keep them in their care. For delays associated with an FPCON change or disaster situation, no late fees will be charged. The CDC and youth center will remain open until the last child is picked up.

It is important to maintain current emergency numbers for the CDC. In order to cover as many emergency scenarios as possible, it is advisable to provide more than one emergency contact.

Spouses

Question: Should there be an accounting system for spouses at the squadron level? How do we determine the location of spouses after an “event” or crisis?

Answer: This is an individual responsibility. Current procedures account for military active duty, civilian and contract personnel who work at Laughlin. Every squadron and agency on

Laughlin has recall procedures in place, which can be used to notify spouses of the actions to take during FPCON and other emergency situations when the base is closed. Family members should ensure they know those recall procedures and their contact information is up to date.

Mexico

Question: What do spouses do if they are in Mexico and the border closes? Where do they go and who do they call?

Answer: If any U.S. citizen requires assistance re-entering the United States, they should solicit assistance from any of the U.S. agencies they come in contact with.

U.S. Customs and U.S. Border Patrol will do all they can to assist American citizens returning to the United States if there is a border closure or extended backlog at the border crossings.

The logistical problem to consider is the return of their vehicle if there is a backup at the border. American citizens are a priority, though their vehicles may be miles from the border and may have to remain there until the traffic flow resumes.

See ‘Concerns,’ page 6

‘Concerns,’ from page 5

There will be no assurance of the security of the vehicle if anyone elects to leave it on the Mexican side of the border.

Travel to Mexico is mostly recreational, not essential. Sponsors should brief their dependents of the problems that may be encountered.

Local schools

Question: Does the Del Rio school system have a plan if the base gates close and parents cannot pick-up their children from school? Do the children stay at school or does the bus return to school if Laughlin’s gates are closed?

Answer: All buses will return to their respective pick-up points. All elementary children will return to Ruben Chavira Elementary School since this is where Laughlin’s children attend. Middle and secondary schools will return to their respective campuses.

The school district would then select one campus, more than likely, Ruben Chavira Elementary School, to unite all Laughlin children, regardless of grade. This information will be provided to local media and law enforcement.

The school district will be responsible for the children as long as necessary, until arrangements could be made with the base or with individual parents. If required, the National Red Cross would be asked to provide assistance if it became a long-term issue.

Relocation

Question: Should families have a relocation plan for contingencies if they are asked to leave the base?

Answer: Yes, they should. It is unlikely, but the base could be “attacked” in such a manner that we could require non-essential personnel to depart Laughlin for a period of time. Family and friends in another town or area might be a good start.

Medical emergencies

Question: If dependents are stuck off base and need medical attention do they or can they go to Val Verde emergency room? What about regular medications and treatments?

Answer: For emergency care, patients should report to the Val Verde emergency room. For urgent care, patients should call the TRICARE

Healthcare Finder Line at 1-800-406-2832 for pre-authorization before seeing a network provider.

The patient will be responsible for paying for urgent care from a non-network provider or urgent care for which there is no pre-authorization. For routine care, patients should wait until the base re-opens. Should the issue become urgent, follow the urgent-care guidelines.

Medications can be transferred and filled at a civilian pharmacy. Patients should request the civilian pharmacist to call the base pharmacist to complete the transfer.

Please note that the following fees apply when medications are purchased off base.

The co-pay for medications from a network pharmacy is \$3 for generic drugs and \$9 for name-brand drugs. For medications from a non-network pharmacy, there is a \$300 deductible and a 50 percent cost share of the allowable amount after the deductible.

In most cases, patients will pay the full cost of the medication if they use a non-network pharmacy.

For a breakout of costs, by TRICARE enrollment category, for receiving care from a civilian provider, go to <http://www.tricare.osd.mil/TricareHandbook/results.cfm?tn=6&cn=13>.

AF generates more than 18,000 sorties in OIF

Since the start of Operation Iraqi Freedom March 19, the Air Force has played a critical part of the air component attacking the Iraqi regime.

More than 800 Air Force aircraft are engaged in combat operations and combat support missions across Iraq 24 hours a day, seven days a week.

In the first 20 days of the operation, airmen have conducted more than 1,500 Global Positioning System satellite uploads

to provide enhanced accuracies for coalition operations throughout the theater.

OIF quick facts

The Air Force has flown:

- More than 18,000 sorties, or 58 percent of the coalition total.
- More than 6,000 airlift sorties, or 95 percent of the coalition total, and moved nearly 46,000 short-tons of cargo and 62,000 passengers.
- More than 4,200 aerial refueling sorties, or 65 percent of the coalition total.
- More than 200 combat

search and rescue sorties, or 84 percent of the coalition total.

- About 650 command and control, intelligence, surveillance and reconnaissance sorties, or 30 percent of the coalition total.
- About 110 Predator and Global Hawk surveillance, reconnaissance and strike sorties.
- About 7,200 strike and counterair sorties, or 43 percent of the coalition total.(Courtesy Department of Defense)

Wing adds steroids to urinalysis testing

Base officials explain medical, legal risks of drugs designed to enhance muscle mass

By Airman First Class
Yvonne Conde
Staff Writer

Would you take a pill or an injection if it promised bulkier muscles regardless of proven negative long-term effects it has on your body and career?

Some military members seem to accept the medical and legal risks. Because Laughlin is located near areas with easy access to steroids, a new wing-directed initiative now includes steroid testing in conjunction with random urinalysis testing.

There are legitimate reasons for using steroids, such as certain autoimmune diseases, severe allergic reactions or asthma, noted Lt. Col. (Dr.) Elizabeth Clark, 47th Aero-medical Dental Squadron commander.

However, she added, “There are no legitimate uses for anabolic steroids, which are used to increase muscle mass. Bodybuilders try to cheat Mother Nature, and that comes at a huge cost.”

Steroid use makes a military member unfit for deployment. “I can’t deploy someone that I can’t give immunizations to,” Colonel Clark said. “If I give [a steroid user] immunizations, they’re no good, so they’re not protected. It really degrades our capability to deploy, and it really degrades our fighting force.”

Because military personnel have the responsibility to be deployable at any time, a regular physical conditioning routine can help attain and maintain a healthy physique without causing major damage to the body.

Steroids can cause a range of hormonal damage. These include the possibility of infertility, early diabetes, heart disease, cancer (usually in the brain) and many other irreversible effects, said Colonel Clark. Because steroids can also be injected, the risk of HIV also becomes another threat.

The threat of steroid addiction is almost inevitable because individuals usually take steroids to avoid the depression from coming down and the

rapid loss of muscle mass. “You’ve got this huge bulk, and if it’s not being fed, it pretty much just melts away and becomes flab within weeks,” said Colonel Clark. “You can counteract some of it by really vigorous workouts, but you’re still going to lose that bulk, because, genetically, you shouldn’t have had it in the first place. “You’re gambling your life for appearance, so you can have a really good-looking corpse. It’s like playing Russian roulette with all six chambers filled.”

Along with depression comes one of the most common effects from taking steroids, “roid rage.” “Roid rage is unbelievable,” said Colonel Clark. “People, who are normally nice and mild mannered become very irritable whenever they have taken steroids. If they have a spouse or significant other, they almost always abuse this person because they can’t control themselves.”

Domestic violence and on-the-job altercations usually involve the Air Force Office of Special Investigations. AFOSI plays an important role

in the deterrence of the use, transfer or distribution of illegal substances by thoroughly investigating individuals involved. “This type of information can come to us in any way,” said Kevin Triller, AFOSI special agent in charge. “We work with the base and security forces because there are a lot of specialized techniques and other things involved.”

OSI works with security forces to deter use of illegal drugs and non-prescribed medications. “Nonprescribed steroids are illegal,” said Capt. Tom Biediger, 47th Flying Training Wing deputy staff judge advocate. “Commanders have the administrative and disciplinary processes under the Uniform Code of Military Justice.”

The captain stressed that consequences can be severe, and individuals can be separated from the Air Force and face a federal conviction. “The conviction will be with them for the rest of their lives, depending on the court-martial,” he said. “The impact on general terms could be pretty significant on an Air Force career. To put it mildly, it’s not worth it.”

For the latest information about Laughlin activities, call the base information line at 298-5201

The *XLer*

Nancy Lopez

47th Flying Training Wing T-1 Maintenance



Photo by Tech. Sgt. Anthony Hill

Hometown: Del Rio, Texas

Family: My mom, Janie, and my two sisters, Crystal and Priscilla

Time at Laughlin: One year and eight months

Time in service: One year and eight months

Greatest accomplishments: Paying off my car in 14 months, and working civil service at Laughlin

Hobbies: Adding accessories to my car

Favorite music: Country

Favorite movie: "Signs"

If you could spend one hour with any person, who would it be and why?

My grandpa, though he's gone I would like to say thanks for everything he did for my family and me, and all the loving memories!

Chapel Schedule

Catholic

- Friday* ● 6 p.m., Stations of the Cross
Saturday ● 5 p.m., Mass
Sunday ● 9:30 a.m., Mass
Thursday ● 6 p.m., Choir; 7:30 p.m., R.C.I.A.
Reconciliation ● By appointment
Religious Education ● 11 a.m. Sunday

Jewish, Muslim and other

- Call 298-5111

Nondenominational

- Sunday* ● 6:30 p.m. Officer Christian Fellowship, call 298-2238
Friday ● 7 p.m., Unity in Community Fellowship (activities for children)
Monthly ● Women's fellowship (call 298-1351 for details)

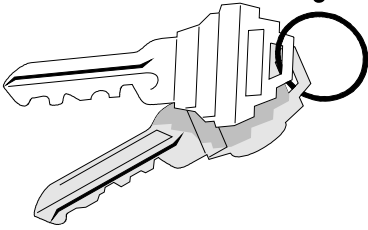
Protestant

- Sunday* ● 9:30 to 10:30 a.m., Sunday school
● 11 a.m., General worship (blend of contemporary and traditional worship, nursery provided)
Wednesday ● 10 a.m., Women's Bible study
● 7 p.m., Choir at chapel

For more information on chapel events and services, call 298-5111.

Remember Home Security:

Keep your doors locked



The Air Force rewards good ideas with money.

Check out the IDEA

Program data system at

**https://
ideas.randolph.af.mil,
or call 298-5236.**

This month in Centennial of Flight history

1917
April 6: President Woodrow Wilson signed a congressional declaration of war against Germany, by which the United States entered World War I.
April 30: Maj. William C. Mitchell became the first Army officer to fly over enemy lines in World War I, less than a month after the United States entered the war. He flew as an observer in a French aircraft.
1942
April 18: Col. James H. “Jimmy” Doolittle led 16 B-25s from the aircraft carrier *Hornet* to bomb Tokyo and other sites in the first U.S. air raid on Japan. Because of the range, the raiders had to crash-land in China.

1948
April 26: Anticipating an executive order from President Harry S. Truman in July 1948, the Air Force became the first service to plan for racial integration.

1951
April 18: From Holloman Air Force Base, New Mexico, an Aerobee research rocket carried the first primate, a monkey, into space.

1961
April 12: Cosmonaut Yuri Gagarin of the Union of Soviet Socialist Republics became the first person to be launched into space and the first to orbit Earth.
1967
April 3: Paul W. Airey became the first chief master sergeant of the Air Force. As the highest-ranking enlisted member, he advised the USAF leadership on enlisted issues.

1970
April 11–17: The Air Force supported the launch and recovery of the three man *Apollo 13* crew, who, despite suffering an onboard explosion, journeyed around the Moon and returned safely to Earth.

1981
April 12: John W. Young and Capt. Robert L. Crippen, United States Navy, flew the *Columbia* into space—the first space shuttle to do so. Launched like a rocket, the shuttle landed like an airplane and could be flown again.

1993
April 28: Secretary of Defense Les Aspin announced that women would be allowed to serve in combat roles, including the flying of USAF combat aircraft.







Photo by 2nd Lt. Lindsay Logsdon

Ready, Aim ...

Zachary, 5, son of Maj. David and Renee Brown, 87th Flying Training Squadron assistant director of operations, is the first batter during Laughlin's T-Ball season opener Monday at Tweety Bird Field here.

Exercise: prescription for arthritis

KEESLER AIR FORCE BASE, Miss. — Should people with arthritis exercise? The answer to this question is a resounding “yes,” according to 1st Lt. Justin Theiss, a physical therapist at the Keesler Medical Center.

“Studies have shown exercise helps preserve joint mobility and function,” Lieutenant Theiss said. “Inactive lifestyles and low fitness levels are two traits many people with arthritis have.”

Unfortunately, for someone suffering from an arthritic condition, prolonged inactivity can accelerate the symptoms traditionally associated with the disease. Symptoms include increased muscle atrophy, decreased flexibility, of contractures, degeneration of joint cartilage and greater risk of bone fractures due to loss of bone mass.

The benefits of exercise for those with arthritic conditions are numerous. Lieutenant Theiss noted that exercise reduces joint pain and stiffness and increases flexibility, muscle strength, cardiac fitness and endurance.

“Exercise can also lead to a better psychological outlook,” Lieutenant Theiss said. “Faithful exercisers suffer from less stress, anxiety and de-

pression. They may get better sleep and have an improved sense of self-esteem.”

Physical therapists can recommend exercises that are particularly helpful for people suffering from arthritic conditions.

Therapists often prescribe three types of exercise:

Range-of-motion exercises help maintain normal joint movement and relieve stiffness. This helps maintain or increase flexibility.

Weight training helps people keep or increase muscle strength. Strong muscles help support and protect joints affected by arthritis.

Aerobic or endurance exercises improve cardiovascular fitness, help control weight and improve overall function. Weight control can be important to people who have arthritis because extra weight puts extra pressure on many joints. Some studies show aerobic exercise also can reduce inflammation in some joints.

Before starting any exercise program, it’s important for people to discuss their options with a doctor or other appropriate health care provider. (Courtesy of 81st Medical Group Public Affairs)

XL Fitness Center hours

Monday - Thursday:
5 a.m. to midnight

Friday:
5 a.m. to 8 p.m.

Saturday - Sunday:
9 a.m. to 8. p.m.

Holidays:
10 a.m. to 6 p.m.